

22nd March 2024



Upton upon Severn CofE Primary, Nursery and Riverboats SureStart Children's Centre, working together to support the local community



Our School Vision is to offer inspiration to young lives 'Anything is possible, we can all succeed'

Providing enriching experiences to foster aspiration 'To inspire ... To aspire'

I can do all things through Christ who strengthens me (Philippians 4:13)

Bible Quote

11. John 11:25-26

Jesus said, 'I am the resurrection and the life. The one who believes in me will live, even though they die; and whoever lives by believing in me will never die.'





A unique Easter service saw the Open the Book team present to us a retelling of the events of Easter week bringing the bible alive. This entire team are dedicated to working with us providing children with memorable, moving and immersive bible stories. As the Bible is such a vital book and underpins all we do as a Church school we always enjoy the Open the Book worship days and we hope that, you too, found this service memorable.

We would like to thank Chris Lamb and her dedicated team who always enjoy coming into school: Tim, Lana, Gill, Janet, Roger and John Holloway, who is always our pianist for special services. Thanks you also goes to Barry the Vicar from St Peter and St Paul Parish Church for supporting us with our services whether in Church, or at school.

Chris said 'The children displayed exemplary behaviour today. They were so quiet and thoughtful during the solemn parts of the service and then sang their little hearts out! The actors and readers also did well and I think we will use children to read the prayer or intro more in future.'

It was wonderful to see so many parents join us this morning and we all appreciate your support. We work together as a team at Upton and this includes our parent/carers community.

The Easter sermon for our children from the Reverend Barry Unwin



Chocolate Easter

This talk is an adapted form of something written by David Keen [here](https://davidkeen.blogspot.com/2015/03/chocolate-easter-talk.html).

<https://davidkeen.blogspot.com/2015/03/chocolate-easter-talk.html>

Have you ever asked yourself what do Easter eggs, have to do with the very first Easter? What does all this chocolate have to do with the death and resurrection of Jesus.

Well bear with me for a few minutes, and let me **egg1**splain, Because it's quite **eggs2**traordinary.

Now in our collective worship this term we've been learning all about Jesus. A **Kinder3** man you couldn't wish to meet. He loved everyone, welcomed everyone, helped everyone He **HobNobbed4** with the very rich and the very poor and everyone in between. He did amazing things: made sick people better by doing more than just giving them a **Boost5** He helped blind people see, made storms into calm held the most amazing free **picnic6** ever for 5000 people. And he said amazing things: Sometimes they were so amazing it made your head **TWIRL7**.. Things like: If you want to know the God who made not just planets like **MARS8** but whole **Galaxyies9** like the **Milky Way10** Indeed the whole universe. If you want to know the God who can do all that, and the **RIESEN11** he

made you then get to know me, said Jesus. I can show you what he's like better than anyone. If God and God's love are the **Topic**, then I can tell you everything you need to know. Now boys and girls you won't remember topics but Your parents will. And as I discovered when I was buying my props at the weekend, they were discontinued in 2021 as were Mars Delights.

But back to Jesus...You see, the **Ripples12** from Jesus went far and wide, thousands of people came to see him, hear him, touch him, be near him, learn from him. But some people didn't like him. The elite people of the day, the sort who like **Ferrero rocher13**, and fancy dinners and receptions, the top priests, academics and politicians, for a while they tried to **fudge14** the issue. But they realised they couldn't **Eggnore15** Jesus any more so they **Clubbed16** together and hatched a nasty plan. They put a **Bounty17** on Jesus' head, LITERALLY. But remember the word bounty has more than one meaning. This bounty on Jesus' head was an amount of money promised to anyone who would betray him. And it wasn't just a **DIME18** it was a whole 30 pieces of silver!

And so on the night of the Passover Festival, as Jesus and his friends prayed in the garden of Gethsemane, they heard the sound of soldiers' boots **Crunchie19**-ing on the gravel path. The soldiers arrested Jesus, the rulers **Egg20**samined him and put him on trial. and decided he should die. So they nailed Jesus to a wooden cross and left him there to die.

But even on the cross, Jesus; love was so **Extra21** Strong, that they heard him **Wispa22** '*Father God, forgive them. They don't know what they're doing.*'. You know, You can **Chocolate23** (chuck a lot) of nasty stuff at Jesus, but he will go on **love-hearting24** you, forgiving you.

At 3pm in the afternoon, Jesus cried out, "*It is finished.*" And he died.

His friends looked for somewhere they **Cadbury25** him, and put him in a cave in a rock face with a huge stone **rolod26** across the entrance, then they went away to cry and comfort each other. On the third day, the very first Easter Sunday, Jesus friends came to the place he was **Lion27** buried. But the grave was open, the great rock across the entrance had been moved, and they wondered who on earth would **Rolo28** way the stone.

Suddenly, they saw an Angel. Who told them '*Jesus isn't dead any more, he's alive!*' Then there Jesus was, standing with them. His friends were so **Eggcited29** that told everyone, and soon lots and lots of people heard that Jesus was alive and in the next few weeks, over 500 people saw him and the good news spread.

2000 years later the story is still spreading, and people are still meeting Jesus. Some people love it, some people hate it, but Easter shows us that Jesus has defeated death. So how do the **Eggs30** **Eggs**plain the Easter story? You see the **RIESEN31** we use eggs is that, the shape of the **egg32** reminds us of the stone which rolled away from Jesus tomb. The hollow inside the **egg33** reminds us

that the tomb was empty because Jesus was alive. And an **egg34** is a place where a new life begins, and at Easter Jesus was given new life, and he promises new life to everyone who comes to him and trusts him and asks for his help. And that's a great thing to chew on this Easter.

So may you have a very happy Easter holiday.

As the Easter holiday starts we would like to encourage you to support your child with as much reading as possible. We know that from time to time parents and grandparents like to buy books in lieu of chocolate. With that in mind please find attached a link to some new book releases for all ages which the children will enjoy.

<https://www.booktrust.org.uk/books-and-reading/our-recommendations/best-new-books/>

After Easter we look forward to welcoming several new volunteers to support our children's reading in the afternoons. If you feel that you would also like to join to support us develop our childrens reading please do contact the office for more information.

office@uptonuponsevern.worcs.sch.uk

The Big Plastic count results



The children have been amazed at the amount of plastic they have collected during this big plastic count. Here are some of the comments:

Ghyll – I have collected lots and lots of plastic bread bags because we eat lots of bagels. I have also noticed crisp and sweets wrappers.

Ellie – Mainly I have collected cat food punches - 4 per day as I have 2 cats.

Eliot – We have counted lots of milk cartons. There are 4 people in our house and we drink lots of milk.

Finnley – There is so much more than I expected. The tally chart is shocking me. We use much more plastic than I imagined.

Over the course of the week the children collected **1643** pieces of plastic waste. **20%** of this will be recycled in the UK, **53%** will be incinerated so contributing to climate change by releasing harmful toxins into the air, **10%** will go in the landfill and the remaining will be shipped overseas.

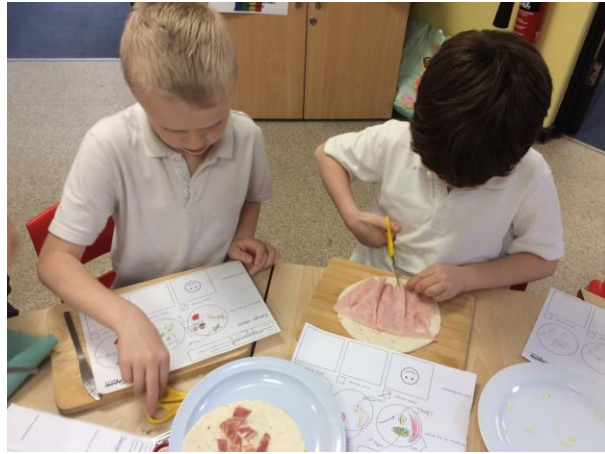
The children have enjoyed learning all about plastic pollution and in particular what they can do to prevent plastic entering our oceans.

Year 2 learn about healthy eating



Year 2 have been learning about keeping healthy by eating the right food. They have designed and made healthy wraps using protein, dairy and vegetables. They learnt cutting, chopping and grating skills and used these to help make their wraps. They then, with the help of Miss Diamond, wrapped their wraps. They were delicious!





Headteacher Award



In our school we have a number of different awards and the headteacher award is presented to the children for a variety of different achievements. The awards are given by Mrs Wills if children's work is thought to be particularly exceptional and if the children have demonstrated the vision coming to life through the work.

This week we are celebrating the success of Nazar in year 4 who presented an excellent presentation on Ukraine.

Karate



The students of the karate ASC were graded last week for their next belts. They had to demonstrate the techniques they've learnt this term, in linework and with a partner using pads, and then perform kata Pinan Nidan (B), which is a sequence of moves and techniques. Nikki Sinclair, karate instructor, said she was very pleased with their improvement, they showed great effort and focus, and definitely earned their new belts.

West Mercia Police supporting our community

We have been asked to share the information below from the West Mercia team.

Parents, Guardians and Carers Webinar Series – April 2024

We are hosting four webinars directed at Parents, Guardians and Carers. Two focusing on the Prevent network and how referrals can be made if they have concerns and two focusing on the Protect Network, giving advice on how to keep families safe online. These are presented by West Mercia's Force Cyber Crime Unit in conjunction with the West Midlands Regional Cyber Crime Unit.

Cyber Prevent Live Information Session for Parents, Guardians & Carers –

A live online session giving advice on how to make a referral into the Cyber Choices programme; an explanation of how it operates and what to look out for with children in your care.

8th April 2024 at 6pm – <https://events.teams.microsoft.com/event/22592de2-db26-4676-a577-ab7986391f20@dd7d99f4-65c4-4822-bf7b-75d61ebc8f4a>

29th April 2024 at 6pm - <https://events.teams.microsoft.com/event/e3722958-b96b-40ba-954a-f7851ac5caad@dd7d99f4-65c4-4822-bf7b-75d61ebc8f4a>

Cricket Stars of the Future



On Monday the children in years 2, 3, 4, 5, 6 had a brilliant playing time cricket. Sam Jones from Worcestershire County Cricket Club delivered coaching sessions to inspire the children, and he certainly did. The children should have brought home a flyer with details about the Allstars and

Dynamo cricket sessions that are held at local cricket clubs. The sessions are fun and dynamic, look out for the registration details.





Wellbeing

10 Top Tips for Parents and Educators DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 48% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

1 MINDFUL TECH USE

Screening is a balanced approach to technology. While games, videos, music and so on can be fun, it's important to ensure that screen time is used in a way that doesn't interfere with sleep. After your child's bedtime, try turning their devices off, or putting them on 'do not disturb' mode to avoid notifications.

2 EFFECTIVE SLEEP PRACTICES

Help your child develop a consistent bedtime routine. This could include brushing teeth, reading a book, or listening to music. Consistent routines help the body know when it's time to sleep, making it easier to fall asleep.

3 HYDRATION HABITS

Encourage your child to drink plenty of water throughout the day. Dehydration can lead to fatigue and difficulty sleeping. However, avoid drinking too much water right before bed to prevent nighttime awakenings.

4 CONSISTENT BEDTIME SCHEDULE

Establish a consistent bedtime routine. This could include brushing teeth, reading a book, or listening to music. Consistent routines help the body know when it's time to sleep, making it easier to fall asleep.

5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark, and quiet. Use blackout curtains to block out light and earplugs to block out noise. A comfortable mattress and pillows can also help improve sleep quality.

6 RELAXING EVENING ACTIVITIES

Engage in relaxing activities before bed. This could include reading a book, taking a warm bath, or listening to music. These activities help the body relax and prepare for sleep.

7 PRIORITISING ADEQUATE SLEEP

Recognize the signs of sleep deprivation. These include irritability, difficulty concentrating, and fatigue. Prioritizing adequate sleep can help improve overall health and wellbeing.

8 NUTRITIONAL BALANCE

Encourage a healthy diet. Avoid sugary snacks and drinks, especially close to bedtime. Instead, opt for healthy snacks like fruit, yogurt, or a small meal. A balanced diet supports overall health and sleep.

9 PARENTAL SUPPORT

Provide emotional support. Children may experience anxiety or stress that can affect their sleep. Talk to them about their feelings and provide reassurance. A supportive environment can help them sleep more peacefully.

10 MILITARY SLEEP METHOD

Learn the military sleep method. This involves relaxing the body and mind in a specific order. It's a technique used by the military to help soldiers fall asleep quickly in any situation. It can be a useful tool for children who struggle with sleep.

Meet Our Expert

With almost 20 years of experience, Dr. Sarah is the UK's only specialist paediatric sleep consultant. She has worked with hundreds of families to help their children sleep better. Dr. Sarah is a qualified paediatric nurse and has a degree in psychology. She is also a member of the British Society of Paediatric Sleep Consultants.

Wake Up Wednesday

The National College

Musical Theatre



After achieving success at the festival a couple of weeks ago, Musical Theatre are set to take to the stage once more on Saturday evening at the Gala Performance. They have been selected to perform again as part of the gala which highlights the best performances from across the festival and showcases talent in Poetry, Music, Drama and Singing. We wish them the best of luck and 'break a leg' as they shine like the Upton stars they are.

Congratulations to *Severn* who were the winning Team this half term! They will be able to come in their non-uniform on **Friday 12th April**.

Happy Easter to all our families

